Instructions

**1.** Now that you know what PICS are, it is time to self-reflect using the following questions:

* Passions: What would you get out of bed for in the morning if money wasn’t an issue?
* Interests: What are you most curious about?
* Causes: What keeps you up at night?
* Strengths: What is your superhero power?

**2.** You must do your reflection using a personal copy of this Google Docs [worksheet](https://intranet.alxswe.com/rltoken/qeGq4AvsCWZyrAr3n-pEKQ). called PICS and Personal Mission Statement Worksheet. **Open the link and follow the prompt to create a personal copy by clicking on the button that says “Create a Copy”.**

**3.** Complete Part A of the worksheet with your PICS.

**4.** Once done with the PICS, keep your worksheet safe - you will return to it later in this module.

* What’s important to me?
* What do I want my legacy to be?
* What does my ideal day look like?
* Who would I do anything for?
* What am I grateful for?
* When do I feel the calmest?
* What makes me feel powerful?
* What makes me different from other people?
* When do I feel most useful?
* What makes me feel alive?
* What do I wish I made more time to do?
* What am I great at?
* What’s something I haven’t done that I want to do before I die?
* If I had an extra hour each day, how would I fill it?
* Who inspires me? Why?
* Who do I want to inspire? Why?
* What am I most proud of?
* What do I pledge allegiance to (what am I committed to beyond doubt)?
* What am I inspired to be, do and give?

Now that you have watched the video, let’s do a quick activity using the same system for habit forming as Fogg suggests.

* Make a plan for a tiny habit you want to implement. This can be one of the Daily 3s you’re already trying to become regular at.
* Use Fogg’s format to articulate it: **“After I………(existing habit), I will………(new habit)“**

**You Got: Somewhat low empathy**

Your score of 40 out of a possible 64 means you have somewhat low levels of empathy, according to this test.  
  
You scored slightly below average – the mean score among participants of the study was 46 (although Spreng pointed out to BuzzFeed Science that the study participants, who were all Canadian undergraduates, might not be a strictly representative sample).  
  
You can probably tell how your close friends and family are feeling a lot of the time, but might struggle to read others, which can be frustrating. And you probably don’t feel a whole bunch of sympathy for people you don’t know. On the upside, though, at least your emotions aren’t ruled by what’s going on in the lives of people around you.  
  
If you feel like you’d like to increase your empathy levels, there is some evidence that reading a lot of fiction can help – so get stuck into a good book (or three) and you’ll be on your way.